



Mental Health First Aid

Mental Health First Aid teaches how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives adults the skills they need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

virtual classes *

Please note, there are training materials that accompany this training. Those can be picked up at Maple Valley City Hall: 22017 SE Wax Road, Suite 200, Maple Valley. Ages 18+

Dates 1/8 1/22 2/12 2/26 3/12 3/26	Day Sa Sa Sa Sa Sa Sa	9:00am-3:00pm 9:00am-3:00pm 9:00am-3:00pm 9:00am-3:00pm 9:00am-3:00pm 9:00am-3:00pm	Fee \$0 \$0 \$0 \$0 \$0 \$0	Location VIRT VIRT VIRT VIRT VIRT	Class ID 10640 10641 10642 10643 10644 10645
3/26	Sa	•	\$0	VIRT	10645
4/9 4/23	Sa Sa	9:00am-3:00pm 9:00am-3:00pm	\$0 \$0	VIRT VIRT	10646 10647

Stephanie Williams.

Lake Wilderness Lodge

Nature provides the setting. We provide the amenities. Nestled on the shores of Lake Wilderness, the Lodge is conveniently located 20 miles southeast of Seattle. Create a one-of-a kind day lakeside surrounded by a 108 acre park with wildlife, hiking trails and Mt. Rainier as your magnificent backdrop







Tours & Information: 425-432-9953 lodge@maplevalleywa.gov maplevalleywa.gov/lwlodge



Training Provided

Registration Info

Registration begins:

December 7

Register online @ maplevalleywa.gov/fun Registration opens at 9:00 am

NOTE: Specific league sports have their own registration dates, which are noted next to the league in this brochure.

- Registration dates will be displayed if program is not yet open for registration.
- When a program is open for registration, the 'REGISTER' button will be displayed.



COVID-19 Safety Standards

- The City will follow, at a minimum, all State and local health department protocols and guidelines in place at the time of the activity.
- With safety our top priority, the City may choose to add additional measures greater than what the State and local health officials advise.
- · Individual class requirements may vary depending on the activity and instructor requirements.
- · For specific measures, please reach out to the instructor of the program you will be attending.

City Council:



Sean P. Kelly, Mayor, Position 1

Dana Parnello, Deputy Mayor, Position 6

Linda Olson,

Councilmember, Position 2

Les Burberry,Councilmember, Position 3

Victoria Schroff,

Councilmember, Position 4

Syd Dawson,

Councilmember, Position 5

Linda Johnson,

Councilmember, Position 7

Parks & Recreation Commissioners:

- Sarah Gilbert-Newell, Chair
- Rosemary Boelens, Vice-Chair
- Laurel Hubert
- Kristin Haapasaari

- David Decoteau
- Lacey Johnson
- Alex Villareal
- George Wright, Alternate

MasterCard



Online:

maplevalleywa.gov/fun

By Phone: (425) 432-9953

Table of Contents

City Council & Park Commission	3
Registration Information	3
Arboretum	13
Gaffney's Grove Disc Golf Course	20
Summit Park	
Lake Wilderness Lodge	
zake Wilderriess zoage	
CURER CTAR PROCESSAME	<u></u>
SUPER STAR PROGRAMS	
NZZKIU3	10
Super Sitters	
Special Populations	
Coding Classes	14
YOUTH PROGRAMS	
T-Ball League	_
Girl's Slowpitch Softball	5 5
Summer Camps	 15
Juliliter Carrips	13
Fitness & Dance	
Youth Dance Classes	8, 9
Bollywood Dance	12
Rizzkids	
Parkour	
Education, Music & Art	
Music Lessons	12, 19
Super Sitters	10
Coding Apps & Game Development	14
ADULT PROGRAMS	
Spring Coed Softball League	17
Winter Coed Volleyball League	
4-ON-4 Basketball League	
Coed 8v8 Soccer League	
Lake Wilderness Golf Course	23
Fitness & Dance	
Gentle Flow Yoga	1Ω
Hatha Flow Yoga	
Barre Fusion	
Women's Bollywood	20
Zumba	
Rizzmic	21
Education, Music & Art	
Private Music Lessons	10
r i ivale iviusic Lessoi is	19

Disclaimer

Maple Valley Parks & Recreation assumes no responsibility for errors or omissions found in this document. The Guide is a general schedule of programs, activities and events. Dates, times and locations are subject to change without notice. For updated information please call 425-432-9953 or visit www.maplevalleywa.gov.

Dog Obedience

Frequently Asked Questions





Q: What is your refund policy?

If a program is canceled by the Parks and Recreation Department, the registrant will receive a credit on account or full refund. Refunds will be issued by the same form as initial payment (i.e. credit card to same credit card, cash or check will be a check refund).

Refund Prior to Start of Program: All refund requests must be submitted via email to parksrec@maplevalleywa.gov. A 100% refund (less \$10 Administrative Fee) will be issued if request is made 5 or more business days prior to the start of the program and/or class. A 50% refund will be issued if request is made less than 5 business days prior to start of the program and/or class.

Refunds After the Start of Program: Refunds are not generally provided after the program start. Pro-rated refunds may be issued on or after the start date in select cases.

This is our general refund policy and some activities may have a different refund policy. For more information and details on our refund policy, visit maplevalleywa.gov/register.

Q: What is the rainout line phone number?

425-413-6675 This line is updated daily at 4:00 pm with cancellations and reschedules for adult sports.

What if I don't have access to a computer/internet? Can I register in person or by phone?

A: Walk in and phone registrations are processed Monday-Friday 8:00 am - 5:00 pm. Walk in registrations are located at the Lake Wilderness Lodge, 22500 SE 248th St. To register by phone, please call 425-432-9953.

How does your Scholarship Program work?

Maple Valley Parks & Recreation's scholarship program is funded entirely through generous donations from individuals, service organizations, local businesses and grants. Applications may be submitted at any time and are accepted on an ongoing basis. To learn about income eligibility requirements or to apply for a Recreation Scholarship, please visit www.maplevalleywa.gov/scholarship.

Q: What is your inclement weather Policy?

The Department will follow the Tahoma School District's (TSD) Weather Advisory. If TSD is closed or has a delayed opening, all recreation programs scheduled before 12:00 pm, will be canceled. Staff will evaluate programs scheduled after 12:00 pm and communicate any additional cancelations, as necessary.

Location Key & Community Resources

City Hall

22017 SE Wax Rd #200 www.maplevalleywa.gov

COV - Covington City Hall 16720 SE 271st Street

CCP - Covington Community Park 17649 SE 240th Street

CRES - Cedar River Elementary School 22615 Sweeney Rd SE

GMVCC & DEN

Greater Maple Valley Community Center 22010 SE 248th St

www.maplevalleycc.org

GPES - Glacier Park Elementary School 25700 Maple Valley-Black Diamond Rd SE

Lake Wilderness Arboretum

www.lakewildernessarboretum.org

LS - Legacy Site 25719 Maple Valley Black Diamond Road SE

LWES - Lake Wilderness Elementary School 24216 Witte Rd SE

LWGC - Lake Wilderness Golf Course 25400 Witte Rd SE

LWL - Lake Wilderness Lodge 22500 SE 248th St

LWP - Lake Wilderness Park 22500 SE 248th St

Maple Valley/Black Diamond Chamber of Commerce

www.maplevalleychamber.org

Maple Valley Food Bank

https://maplevalleyfoodbank.org/

Maple Valley Historical Society (425) 432-2692

www.maplevalleyhistorical.com

Maple Valley Library

www.kcls.org

MVMS - Maple View Middle School 18200 SE 240th St

RAV - Ravensdale Park 27200 SE Kent-Kangley Rd, **RCES** - Rock Creek Elementary School 25700 Maple Valley-Black Diamond Rd

SLES - Shadow Lake Elementary School 22620 Sweeney Rd SE

SP - Summit Park 23675 SE Tahoma Way

STMS - Summit Trail Middle School 25600 Summit-Landsburg Rd SE

Tahoma School District

www.tahomasd.us

TBD - Location to be determined

TES - Tahoma Elementary School 24425 SE 216th St

THS - Tahoma High School 23499 SE Tahoma Way

VIRT - Virtual



Girl's Slowpitch Softball

Dirt and bling, it's a softball thing. Slowpitch softball is a great introduction to the sport of softball and fastpitch. Girls will learn softball skill building blocks in a non-competitive atmosphere with volunteer parent coaches. Slowpitch teams practice on Mondays and play games Wednesdays. Teams will practice and play a game every week of the season.

ALL players must provide their own face mask while on defense. We suggest the Champro Fielder Mask! More league information can be found at: www.maplevalleywa.gov/fun Ages 9 - 11

Dates	Day	Time	Fee	Location	Class ID
4/11-6/1	M/W	6:00-8:00pm	\$88	SP	10630
No class o	n 5/30				

Registration begins March 1, 2022.
All player registration includes a team t-shirt and hat.

Team Sponsorships available - Contact bobby.quick@maplevalleywa.gov



T-Ball League

MVP&R and Thrive Community Fitness have teamed up again to offer T-Ball! This coed league is a non-competitive, instructional league for players to learn teamwork and the basics of baseball. Team size is limited to 10 players with everyone participating!

Teams practice once each week (day/time determined by the team's volunteer coach) and play one game on Saturdays at Summit Park.

 Ages
 Dates
 Day
 Time
 Fee
 Location
 Class ID

 3-4
 5/7-6/25
 Sa
 9:00am-2:00pm
 \$78
 SP
 10627

 5-6
 5/7-6/25
 Sa
 9:00am-2:00pm
 \$78
 SP
 10628

 No class on 5/28



Coach Pitch League

Step up to the plate in our coed Coach Pitch baseball league! Parks & Rec and Thrive Community Fitness keep the fun rolling for 7-8 year olds while continuing to improve baseball fundamentals: catching, fielding, throwing and hitting. Pitches will be thrown from the team's coach and a batting tee will be used for players who aren't quite ready to make contact.

Team size is limited to 10 players with everyone participating! Teams practice once each week (day/time determined by the team's volunteer coach) and play one game on Saturdays at Summit Park.

 Ages
 Dates
 Day
 Time
 Fee
 Location
 Class ID

 7-8
 5/7-6/25
 Sa
 2:00-7:00pm
 \$88
 SP
 10629

 No class on 5/28
 SP
 10629





Kidz Love Soccer is hopeful to return in spring. Check the city's website in February for information, dates and times.

YOUTH SPRING SOCCER LEAGUE

Covington's spring soccer league is geared toward providing an opportunity for recreational soccer players to sharpen their skills and broaden their knowledge of soccer with an emphasis on fun, participation and good sportsmanship. Teams are formed according to grade and school; we also allow buddy requests.

Practices begin early March and the season ends April 30, 2022. Teams will have one designated weekday evening practice each week which will be determined by the volunteer coach. Games will be on Saturdays at a local Covington school or Covington Community Park.

Registration closes February 1. Save \$10 and sign up before the early bird window deadline of January 4. Space is limited and we do not guarantee space will be available on the deadline date so sign up early! For more information, go to http://www.covingtonwa.gov/athletics/

Grade	Fee
1st/2nd Grade (gender specific)	\$72
3rd/4th Grade (gender specific)	\$82
5th/6th Grade (gender specific)	\$82
7th/8th Grade (gender specific)	\$82

*\$10 fee increase after early bird registration deadline; January 4th.





Apply for a Recreation Scholarship

Maple Valley Parks & Recreation offers Maple Valley residents of all ages and abilities the opportunity to participate in diverse, challenging and high-quality recreation programs that are accessible and affordable. We try to make every opportunity available, regardless of income.

Scholarship applications can be submitted at any time during the year!

To learn about income eligibility requirements or to apply for a Recreation Scholarship, please visit:

www.maplevalleywa.gov/scholarship

Or call (425) 432-9953



Glass House Dancesee page 8–9



Hometown Holidays Event

December 2nd at Four Corners



Instructor Opportunity



Share Your Expertise



Are you interested in teaching a class through Maple Valley Parks & Recreation? We work diligently to improve the quality and variety of the learning opportunities we offer to our community and we are always interested in receiving new class proposals.

To have your new class considered in our offerings or for questions please return the New Class Proposal Form by e-mail to:

allison.scott@maplevalleywa.gov



Classes and instructors we are currently looking for:

- Adult dance classes
- Photography with digital camera/phone classes
- Karate or martial arts classes
- Youth cheer classes

- Jewelry making classes
- Floral arranging classes
- Foreign language classes
 Vouth landarship skills slasses
- Youth leadership skills classes
- Adult walking or hiking classes
- Mountain Biking

- Kickboxing or similar exercise classes
- Boating, boarding, sailing classes
- More...



Dog Obedience Classessee page 19



Private Music Lessons see page 12



Winter Coed Volleyball see page 16



Super Sitterssee page 10

Parent/Tot: Jazz, Lyrical, Creative Dance

A class designed for child & parent together. Parents & tot class gets your tiniest dancers moving and grooving, all within the company of a trusted parent or close friend. Class is perfect for the connection between music & movement, all while building confidence through self-expression & social gathering. **Ages 2–3**

Dates	Day	Time	Fee	Location	Class ID
1/26-4/6	W	9:10-9:55am	\$185	LWL	10619
No class o	n 2/23				

Ballet/Jazz/Hip Hop

Designed to provide our newest & tiniest dancers with an introduction to music, movement exploration & self expression. We aim to create a love and passion for dance at a very young age! Offering a bit of everything, this class exposes dancers to three different dance genres, all within a single class, helping our dancers stay focused with intention & purpose. Classes are moderately fast paced, upbeat and exciting. **Ages 3–5**

	Time 4:20-5:10pm	Fee \$185	Location LWL	Class ID 10618
No class on 2/21 1/27-4/7 Th No class on 2/24	10:05-10:50am	\$185	LWL	10609



Ballet/Lyrical/Creative Dance

Designed to provide our newest & tiniest dancers with an introduction to music, movement, exploration & self-expression. We aim to create a love and passion for dance at a very young age! Experimental games will aid dancers in imaginative thinking, imagery & storytelling. This class is perfect for the self-thinker & dreamer, offering the perfect balance of structure & freedom. Ages 3–5

Dates	Day	Time	Fee	Location	Class ID
1/26-4/6	W	10:05-10:50am	\$185	LWL	10615
No class on	2/23				
1/26-4/6	W	5:20-6:10pm	\$185	LWL	10614
No class on	2/23				
1/27-4/7	Th	9:10-9:55am	\$185	LWL	10612
No class on	2/24				

Mini Ballet 1

Ballet focuses on the technicality of movement through graduated levels, designed to teach awareness and respect for the body. Emphasizing careful & detailed technical training that will enhance all physical endeavors including sports and all other dance styles. Class will consist of barre, progressions across the floor & center combinations. Class aims to build confidence, strong work ethic & pride. **Ages 6–9**

Dates	Day	Time	Fee	Location	Class ID	
1/24-4/4	M	5:20-6:10pm	\$185	LWL	10626	
No class or	2/21					



Mini Lyrical/Contemporary Dance 1

Lyrical Contemporary is a melting pot of many dance styles pulling form ballet & jazz technical foundation. Lyrical focuses on storytelling through dance and is known for being an emotionally expressive dance style, using the "lyrics" of the song to help tell the story. Class aims to build confidence through self-expression, exploration & discipline. **Ages 6–9**

Dates	Day	Time	Fee	Location	Class ID
1/24-4/4	М	6:20-7:10pm	\$185	LWL	10625
No class on	2/21				

Instructor: Glass House Dance. Questions? Email info@glasshousedance.com or call (425) 399-2353.

Mini Jazz 1

Jazz is a mixture of many styles reflecting today's pop culture and is identifiable by exciting "tricks" and fast paced movement. Classes place emphasis on increasing flexibility & strength, and exhibition of individual personality performed to current/Top 40 music. Jazz dance training will lay a strong foundation for future development in any specific dance genre and/or gymnastics! Classes include a center warm-up, progressions across the floor and center combinations. **Ages 6–9**

Dates	Day	Time	Fee	Location	Class ID
1/26-4/6	W	4:20-5:10pm	\$185	LWL	10620
No class on	2/22				

Jr Jazz 1

Jazz is a mixture of many styles reflecting today's pop culture and is identifiable by exciting "tricks" and fast paced movement. Class focuses on dancer flexibility, strength and exhibition of individual personality. Usually performed to current/top 40 music. Jazz training will lay a strong foundation for future development in any specific dance genre like cheer or gymnastics. Classes include a center warm up, progressions across the floor and center combinations. **Ages 8–11**

Dates	Day	Time	Fee	Location	Class ID
1/24-4/4	М	7:20-8:10pm	\$185	LWL	10624
No class on	2/21				



Mini Hip Hop Dance 1

Hip Hop encompasses a wide array of movement, vocabulary that uses elements of popping, locking, tutting, animation, krump, breaking and new style. Hip Hop is a blend of modern and contemporary dance styles performed to current "age and context appropriate" Hip Hop music and beats! Classes are energetic, stimulating, and fast paced with emphasis placed on individual style and texture. Classes include a center warm up, progressions across the floor, and center combinations. **Ages 6–9**

Dates	Day	Time	Fee	Location	Class ID
		6:20-7:10pm	\$185	LWL	10621
No class on 2	2/23				

Jr Hip Hop 1

Hip Hop encompasses a wide array of movement, vocabulary that uses elements of popping, locking, tutting, animation, krump, breaking and new style. Hip Hop is a blend of modern and contemporary dance styles performed to current "age and context appropriate" Hip Hop music and beats! Classes are energetic, stimulating and fast paced with emphasis placed on individual style and texture. Classes include a center warm up, progressions across the floor and center combinations. **Ages 8–11**

Dates	Day	Time	Fee	Location	Class ID
1/26-4/6	W	7:20-8:10pm	\$185	LWL	10623
No class on	2/23				

Instructor: *Glass House Dance*. **Questions?** Email info@glasshousedance.com or call (425) 399-2353.



Mental Health First Aid Class see page 2



Parkour Classes see page 11

YOUTH FITNESS & DANCE



Maple Valley Parks & Recreation is excited to offer recreation opportunities for our special needs community. The "Superstar" classes listed on this page are inclusive of our special needs community. Look for other Superstar activities, identified with the star logo, where special needs individuals are welcome to participate to the best of their ability. All participants interested in the inclusive classes must complete the Inclusion Request Form (on our website) at least 10 business days before the start of class. If you are interested in teaching a special needs activity/class, or have questions about these activities, please contact Allison Scott at Allison.scott@maplevalleywa.gov or call 425-432-9953.



Super Sitters

All children welcome for a day of fun while earning their Super Sitters Certificate! This class will cover leadership and the business of babysitting, basic care for children, understanding children of different age groups, safety and first aid. Bring a sack lunch and snack to class. Register early as this class fills quickly. Boys can be

babysitters too! Ages 11 - 15

Dates	Day	Time	Fee	Location	Class ID
2/19	Sa	9:00am-2:00pm	\$70	LWL	10565

Safe at Home



Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, internet, gun, phone, and door safety. Learn how to be safe, comfortable, and confident when staying home alone. Ages 8 - 12

Dates	Day	Time	Fee	Location	Class ID
2/19	Sa	2:00-4:00pm	\$35	LWL	10566

Rizzkids - Dance Fitness



Rizzkids is a 40 minute dance workout class, perfect for kids that need an extra energy release. It's a fun place for them to show off their moves and to just move their bodies! Please wear comfortable clothes, tennis shoes and bring water. All current Roadmap to Recovery protocol will be followed for this program. **Ages 5-11**



For questions, please email daisyfitnessfrenzy@outlook.com

Drop in fee: \$10 if space permits

Dates 1/3-1/31	Day M	Time 4:30-5:10pm	Fee \$32	Location LWL	Class ID 10542
No class on 1/17	_				
1/6-1/27	Th	4:30-5:10pm	\$32	LWL	10546
2/3-2/17	Th	4:30-5:10pm	\$24	LWL	10550
No class on 2/21					
2/7-2/28	M	4:30-5:10pm	\$24	LWL	10543
No class on 2/21		420.540	÷ 40	1340	40554
3/3-3/31	Th	4:30-5:10pm	\$40	LWL	10551
3/7-3/28	M	4:30-5:10pm	\$32	LWL	10544
4/4-4/25	M	4:30-5:10pm	\$24	LWL	10545
No class on 4/11		4 20 5 10	624	1347	10553
4/7-4/28	Th	4:30-5:10pm	\$24	LWL	10552





Indoor Parkour 101

Using specialized parkour blocks, we'll learn how to get creative with our movements indoors. The theme for this is parkour vision: our ability to see fresh, new ways to move using everyday objects. There will be lots of games, lots of sweat and lots of fun!

Ages 6–8

Dates	Day	Time	Fee	Location	Class ID
1/3-1/24	M	4:30-5:20pm	\$60	LWL	10591
No class o	n 1/17				
1/31-2/28	М	4:30-5:20pm	\$80	LWL	10596
No class o	n 2/21				
3/7-3/28	М	4:30-5:20pm	\$80	LWL	10597
4/4-5/2	M	4:30-5:20pm	\$80	LWL	10659
No class o	n 4/11				

Indoor Parkour 201

Let them bounce off our walls instead! Parkour is the art of overcoming obstacles; often physically, always mentally. Using specialized parkour blocks for safe training, your child will learn how to run, jump and climb their way past obstacles through carefully crafted parkour skill clinics and fun movement games.

Ages 9–12

Dates	Day	Time	Fee	Locatio

Dates	Day	Time	Fee	Location	Class ID
1/3-1/24	M	5:30-6:20pm	\$60	LWL	10590
No class o	n 1/17				
1/31-2/28	M	5:30-6:20pm	\$80	LWL	10598
No class o	n 2/21				
3/7-3/28	M	5:30-6:20pm	\$80	LWL	10599
4/4-5/2	M	5:30-6:20pm	\$80	LWL	10658
No class o	n 4/11				





Outdoor Parkour 101

Using a combination of playground equipment and specialized parkour blocks, we'll learn how to get creative with our movements outside at The NEW Legacy Site Pavilion. The theme for this is parkour vision: our ability to see fresh, new ways to move using everyday objects. There will be lots of games, lots of sweat and lots of fun! **Ages 6–8**

Dates	Day	Time	Fee	Location	Class ID
1/4-1/25	Tu	4:30-5:20pm	\$80	LS	10602
2/1-3/1	Tu	4:30-5:20pm	\$80	LS	10603
No class o	on 2/22				
3/8-3/29	Tu	4:30-5:20pm	\$80	LS	10604
4/5-5/3	Tu	4:30-5:20pm	\$80	LS	10661
No class o	on 4/12				

Outdoor Parkour-Pre and Teen Class

This class is for teenagers of all ability levels AND younger movers with parkour experience looking for a more challenging class. On top of the regular skill modules and parkour games, this class puts a greater emphasis on conditioning for increased sports performance. Students under the age of 13 are ready to join this class if they can: 1) broad jump a horizontal distance equal to their height with a solid 2 foot landing. 2) perform a kong vault. 3) perform a parkour wall run. **Ages 10–17**

Dates	Day	Time	Fee	Location	Class ID		
1/5-1/26	W	5:05-6:25pm	\$95	LS	10589		
2/2-3/2	W	5:05-6:25pm	\$95	LS	10594		
No class o	on 2/23						
3/9-3/30	W	5:05-6:25pm	\$95	LS	10595		
4/6-5/4	W	5:05-6:25pm	\$95	LS	10657		
No class o	No class on 4/13						

Outdoor Parkour 201 - Ages 9-12

Dates	Day	Time	Fee	Location	Class ID		
1/4-1/25	Tu	5:30-6:20pm	\$80	LS	10606		
1/5-1/26	W	4:10-5:00pm	\$80	LS	10588		
2/1-3/1	Tu	5:30-6:20pm	\$80	LS	10607		
No class o	on 2/22						
2/2-3/2	W	4:10-5:00pm	\$80	LS	10600		
No class o	on 2/23						
3/8-3/29	Tu	5:30-6:20pm	\$80	LS	10608		
3/9-3/30	W	4:10-5:00pm	\$80	LS	10601		
4/5-5/3	Tu	5:30-6:20pm	\$80	LS	10660		
No class o	No class on 4/12						
4/6-5/4	W	4:10-5:00pm	\$80	LS	10656		
No class o	on 4/13						



YOUTH **EDUCATION & MUSIC**



Private Guitar, Bass and Ukulele Lessons

Have you always wanted to learn to play an instrument? This is the perfect opportunity to learn! This weekly, half-hour, one-on-one class is perfect to learn to play guitar, ukulele or bass. Learn how to make your music instrument learning experience as fun and as easy as possible. Taught by Dace's Rock 'n' More Music Academy instructor, this class will be a lot of fun whether or not you practice but will likely be a lot more fun if you practice a lot. Scholarships assistance is available for those who qualify, contact info@rocknmore.org for more information.

After registering, please contact and coordinate your class time and dates with instructor by emailing info@rocknmore.org. Student must provide their own instrument. **Ages 8**+

Dates	Day	Time	Fee	Location	Class ID
1/6-1/27	Th	4:00-8:00pm	\$150	LWL	10579
2/3-2/17	Th	4:00-8:00pm	\$113	LWL	10580
3/3-3/31	Th	4:00-8:00pm	\$188	LWL	10581
4/7-4/28	Th	4:00-8:00pm	\$113	LWL	10582
No class on	4/14				

Each registered student will have one 30 minute lesson scheduled bewtween 4pm-8pm. Coordinate time prior to registration by emailing info@rocknmore.org.

Thirak Bollywood Dance



Young dancers are introduced to the basic Bollywood movements where they will learn to develop dance techniques while focusing on the basic hand and leg movement. Dancers will develop coordination, motor skills and listening abilities as they relate to the fun and popular Bollywood music. **Ages 4–12**

Instructor: Sneha Thakur

Questions? E-mail thirakdanceacademy@gmail.com

or call (425) 281-7243

Ages	Dates	Day	Time	Fee	Location	Class ID
Ages 4-6	1/5-2/23	W	5:45-6:30pm	\$125	LWL	10567
Ages 7-12	1/5-2/23	W	6:45-7:30pm	\$125	LWL	10569
Ages 4-6	3/16-5/4	W	5:45-6:30pm	\$125	LWL	10568
Ages 7-12	3/16-5/4	W	6:45-7:30pm	\$125	LWL	10570
Ages 4-6	3/16-5/4	W	5:45-6:30pm	\$125	LWL	10568

Youth Scholarship Fund Donations

Please help support qualified low-income families participate in our recreation programs by making a tax deductible donation. Please contact

Bobby.Quick@maplevalleywa.gov





ARE YOU READY?

Register your physical address(es), email address(es), and phone number(s) to receive important safety information during an emergency. Sign-up is free. Before the Winter Storms and Extreme Cold.

To prepare for a winter storm you should do the following:

- Before winter approaches, use the lists available at ready.gov to build, or restock, your emergency kit. www.ready.gov/kit
- Rock salt or more environmentally safe products to melt ice on walkways. For more info: Environmental Protection Agency www.epa.gov/saferchoice#deicers
- Sand to improve traction, snow shovels and removal equipment.
- Sufficient heating fuel, dry, seasoned wood for your fireplace or wood-burning stove.
- Adequate clothing and blankets to keep you warm
- Use this link and make a Family Communications Plan. www.ready.gov/plan
- Be alert to changing weather conditions by listening to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with nonfrozen drinking water.

During Winter Storms and Extreme Cold

- Stay indoors during the storm.
- If you must go outdoors walk carefully on snowy, icy, walkways, keep dry to maintain body heat, watch for signs of frostbite, watch for signs of hypothermia, and avoid overexertion when shoveling snow.
- Drive only if it is absolutely necessary. If you must drive: travel in the day; don't travel alone; keep others informed of your schedule and let them know your destination and route; stay on main roads and avoid back road shortcuts.
- At home monitor pipes for signs of freezing, maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes, conserve fuel.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55°F.
- Continue to protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.

For additional information about winter preparedness, including a map that identified the City's snow plowing routes, visit: https://www.maplevalleywa.gov/departments-services/emergency-management



- A sanctuary that inspires, educates and connects us to the natural world
- Discover 42 acres of gardens and urban forest in every season
- Open every day from dawn to dusk with free ad mission and parking
- Memberships available online







Winter can be a wonderful time to walk through the Arboretum.

Enjoy the stately evergreens, look for early blooming beauties and notice the interesting bark on deciduous trees. The winter garden still has a lot to offer. Come check it out.

Upcoming Events:

Feb 9 - 13 Northwest Flower & Garden Show:

Check out the Lake Wilderness Arboretum at the Northwest Flower & Garden Show at the Washington State Convention Center.

Sunday, March 12 2pm-4pm Annual Hellebore Tea:

Keep your fingers crossed that we can host the Lake Wilderness Arboretum's Annual Hellebore Tea.

Volunteer in the Garden

Drop in and volunteer in the gardens: every Wednesday & Thursday 9am-12pm

First two Saturdays of each month 9am-12pm (Sept – May)

lakewildernessarboretum.org info@lakewildernessarboretum.org



Engage Through Tech Programs

This program is offered as a mainstream and special population curriculum. Any questions specific to programming please contact info@engagethrutech.com

Coding Apps and Games Class

Create and explore the development of apps and games using REAL coding on computers! Create a "treasure hunt" game, a "maze challenge" game and an app that teaches something new! Step-by-step instructions provided to accommodate a variety of learning styles. All current Roadmap to Recovery guidelines will be followed for this program. **Ages 7-11**

Class I	Location	Fee	Time	Day	Dates
10526	LWL	\$135	3:30-5:00pm	М	1/10-2/14
				1/17	No class on
10527	LWL	\$135	3:30-5:00pm	M	2/28-3/28
1052				1/17	No class on

Special Populations (2) Coding Apps and Games Class

Create and explore the development of apps and games using REAL coding on computers! Create a "treasure hunt" game, a "maze challenge" game and an app that teaches something new! Step-by-step instructions provided to accommodate a variety of learning styles. All current Roadmap to Recovery guidelines will be followed for this program. **Ages 14+**

To pay privately please complete the registration at maplevalleywa.gov/fun or if participant has an issued State of WA DDA number and prefers to utilize respite hours for this program please enter coupon code "DDA2022" at the end of the registration process in order to not be charged for the class. In addition, please complete the form at the following link in order to finalize your request for payment with DDA....

https://www.engagethrutech.com/special-pop-online-reg-respite

Dates 1/10-2/14		Time 6:00-7:30pm		Location LWL	Class ID 10528
No class on	1/17				
2/28-3/28	M	6:00-7:30pm	\$135	LWL	10529



Recreation on the Move

Look for the "Fun Mobile" bringing activities and equipment to our parks, events and more.

Honk or stop by if you see us around town!



Registration Opens in April, 2022! Ages 6-11

Join us for our wildly popular 17th Annual Camp WILD!

The camp offers weekly themes to create a new and fun experience and features TWO action-packed field trips each week.



Wilderness Adventure Camp

Registration opens in April 2022 Ages 12-15

Campers will try new challenging adventures on land, sea and defying gravity as they rock climb, mountain bike, sail, hike and much more.

Campers will also learn about stewardship and understanding of our local wildlife and nature areas.

Check our website this spring for more information on all summer camps!



Work for us!

MAPLE VALLEY PARKS & RECREATION

Recreation

- Camp Wild Day Camp (10 weeks)
- Wilderness Adventure Camp (4 weeks)
- Rec Attendants
- Tennis Instructor
- Athletic Officials

Beach

- Beach Manager
- Lifeguards
- Concessions

Parks

Park Maintenance Workers

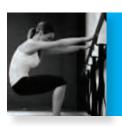
Lake Wilderness Lodge

 Customer Service Representative





Coming Soon! Spring Sportssee page 17



Barre Fusion see page 20

Winter Coed Volleyball League - Rec

Bump, set and spike your way to the league title this winter! Adult coed volleyball teams play 8 matches on Friday nights at Summit Trail Middle School. Teams play with 3 males and 3 females on the court. Two divisions offered: competitive and recreational. Referees, postseason playoffs and champion's t-shirts are included. 18 teams will be allowed to register so early registration is encouraged. **Ages 18+**

 Dates
 Day
 Time
 Fee
 Location
 Class ID

 1/14-3/11
 F
 6:00-10:00pm
 \$550
 STMS
 10611

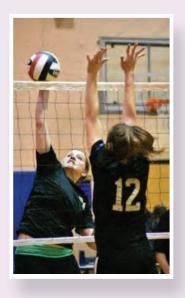
No games on 2/25

Winter Coed Volleyball League - Competitive

 Dates
 Day
 Time
 Fee
 Location
 Class ID

 1/14-3/11
 F
 6:00-10:00pm
 \$550
 STMS
 10610

No games on 2/25









Wilderness Adventure Camp Registration Opens in April 2022



Rizzmic Dance Fitness see pages 21



Women's Bollywood see page 20

Spring Adult Sports Registration begins December 7, 2021



4-ON-4 Basketball League

This REC basketball league is a "call your own fouls" league without standings, playoffs or referees. Teams run full court with 4 players. Teams will play 8 games. A gym supervisor will keep score and make sure everyone is playing by the rules but the success of the league and enjoyment of the players involved will depend upon SPORTSMANSHIP. Ages 18+

Dates	Day	Time	Fee	Location	Class ID
3/11-4/22	F	6:00-10:00pm	\$325	STMS	10613
No games on 3	/25				



8v8 Soccer League - Spring

Come play on our team this spring! Teams play on a modified field (85x50 yds.) with youth sized goals. No slide tackling allowed. Teams play with 8 players (4 males, 3 females and a GK of either gender) on turf fields at Ravensdale Park. Teams receive 8 games with top teams advancing to the playoffs. Player cards or additional memberships are not required. **Ages 18+**

Dates	Day	Time	Fee	Location	Class ID
4/12-5/31	Tu	6:00-10:00pm	\$750	RAV	10616

Spring Coed Softball

DOUBLE-HEADERS -- Start the year off hoisting the spring softball championship banner! Teams play 8 games in the spring using a double-header format on turf fields at Summit Park. Doublewall bats must bear USSSA's 1.20 BPF stamp but only one homerun is allowed per game. Maximum 5 males on defense. Umpires, playoffs and champion's t-shirts are included. Early registration is encouraged! **Ages 18+**

 Dates
 Day
 Time
 Fee
 Location
 Class ID

 4/15-5/20
 F
 6:00-10:00pm
 \$600
 SP
 10617





Golf Specials see pages 23

WILDERNESS GRILL OPEN DAILY • PUBLIC WELCOME Burgers, Sandwiches, Salads & Drink SPECIALS!

see page 23

ADULT FITNESS & DANCE

Hatha Flow Yoga

Hatha Flow Yoga uses postures (asana) and breath work (pranayama) together to create a class that uses a flow to move to different postures. This class, designed to strengthen and stretch the muscles, is appropriate for beginners and also has many options available to experienced yogis. **Ages 16+**

Instructor: Amanda True

For questions, please email thekineticteacher@gmail.com

Drop in fee: \$10 if space permits

Dates	Day	Time	Fee	Location	Class ID
1/4-1/25	Tu	4:15-5:15pm	\$32	LWL	10534
2/1-2/15	Tu	4:15-5:15pm	\$24	LWL	10535
3/1-3/29	Tu	4:15-5:15pm	\$40	LWL	10536
4/5-4/26	Tu	4:15-5:15pm	\$24	LWL	10537
No class on 4	l/12	•			



Gentle Yoga

Gentle Yoga is calm, stable yoga class that uses modified postures (asana) as well as breath work (pranayama) to help strengthen and stretch the muscles. Ideal

for anyone recovering from an injury or for those with limited mobility. **Ages 16+**

Drop in fee: \$10 if space permits

Dates	Day	Time	Fee	Location	Class ID
1/7-1/28	F	9:30-10:30am	\$32	LWL	10530
2/4-2/18	F	9:30-10:30am	\$24	LWL	10531
3/4-3/25	F	9:30-10:30am	\$32	LWL	10532
4/1-4/29	F	9:30-10:30am	\$32	LWL	10533
No class on	4/15				

Instructor: Amanda True

For questions, please email thekineticteacher@gmail.com





Courts available at Lake Wilderness and Summit Park



ADULT EDUCATION & MUSIC



Private Guitar, Bass and Ukulele

Have you always wanted to learn to play an instrument? This is the perfect opportunity to learn! This weekly, half-hour, one-on-one class is perfect to learn to play guitar, ukulele or bass. Learn how to make your music instrument learning experience as fun and as easy as possible. Taught by Dace's Rock'n' More Music Academy instructor, this class will be a lot of fun whether or not you practice but will likely be a lot more fun if you practice a lot. After registering, please contact and coordinate your class time and dates with instructor by emailing info@rocknmore.org. Student must provide their own instrument. Scholarships assistance is available for those who qualify, contact info@rocknmore.org for more information. **Ages 18+**

Dates	Day	Time	Fee	Location	Class ID
1/6-1/27	Th	4:00-8:00pm	\$150	LWL	10575
2/3-2/17	Th	4:00-8:00pm	\$113	LWL	10576
3/3-3/31	Th	4:00-8:00pm	\$188	LWL	10577
4/7-4/28	Th	4:00-8:00pm	\$113	LWL	10578
No class on 4/14					

Each registered student will have one 30 minute lesson scheduled bewtween 4pm-8pm. Coordinate time prior to registration by emailing info@rocknmore.org.

Dog Obedience Classes

Kindergarten Puppy Training (1)

Start your puppy off on the right "paw" with proper first experiences during the important socialization periods of puppyhood. This is an introduction to the learning and training process for puppies age 8 weeks to 5 months. Your puppy will learn to heel on a leash, come when called, sit and down stays. You can also earn your AKC S.T.A.R. certificate. S.T.A.R. = Socialization, Training, Activity, Responsible owner. **Ages 14**+

Dates	Day	Time	Fee	Location	Class ID
1/24-3/21	M	6:00-7:00pm	\$120	LWGC	10523

Dog Obedience- Beginner (2)

A class for the family pet of all breeds. Dogs are taught to heel on a leash, come when called, sit and down stays and more. Learn about dog behavior, correcting common problems, nutrition and more. Learning basic manners prepares you for further training, obedience or rally competition, or earning your Canine Good Citizen certificate. **Ages 14+**

Dates	Day	Time	Fee	Location	Class ID
1/25-3/22	Tu	5:50-6:50pm	\$120	LWGC	10524

Dog Obedience - Novice (3)

Designed for students who have completed beginner class and wish to continue training for reliability or competition. Focus will be on team work and handling techniques while practicing for an advanced level. Dogs in this class can test for the Canine Good Citizen certificate and Trick Dog Titles. **Ages 14**+

1/25-3/22 Tu 7:00-8:00pm \$120 LWGC 10525	Dates 1/25-3/22				Location LWGC	
-------------------------------------------	------------------------	--	--	--	-------------------------	--

For questions, contact Judy at (253) 631-7002 Note: anyone under 16 must be accompanied by an adult.





Camp Wild Registration Opens in April, 2022

Women's Bollywood



Women only in this funfilled Bollywood Dance class. This class begins with a warm-up, which includes the basic Bollywood moves followed by step-bystep choreography set to Bollywood music. The combination of steps learned by participants will strengthen their awareness of musi-

cal flow, timing, spacing and precision. The participants will

establish strong movement foundation while developing confidence, coordination, posture and grace. Comfortable attire is recommended and going barefoot works best. **Ages 18**+

For questions, please email <u>thirakdanceacademy@gmail.com</u> or call (425) 281-7243.

Dates	Day	Time	Fee	Location	Class ID
1/4-2/22	Tu	6:30-7:30pm	\$130	LWL	10571
1/6-2/24	Th	6:30-7:30pm	\$130	LWL	10573
3/15-5/3	Tu	6:30-7:30pm	\$130	LWL	10572
3/17-5/5	Th	6:30-7:30pm	\$130	LWL	10574

Barre Fusion



Barre Fusion is a nonimpact, one-hour workout that blends the ballet barre technique with Pilates, yoga, and body weight strength training. This workout requires mental focus as muscles are strengthened then stretched. The result is the recognizable

Barre body, featuring the sculpted arms, flat abs, lifted seat, and elongated thighs of a dancer. Students should bring their own

mat, 2-4 lb. hand weights (if you have some), water bottle, and sweat towel. No Ballet experience is required. **Ages 16+**

Instructor: Amanda True
For questions, please email thekineticteacher@gmail.com

Drop in fee: \$10 if space permits

Dates	Day	Time	Fee	Location	Class ID
1/4-1/25	Tu	5:30-6:20pm	\$32	LWL	10538
2/1-2/15	Tu	5:30-6:20pm	\$24	LWL	10539
3/1-3/29	Tu	5:30-6:20pm	\$40	LWL	10540
4/5-4/26	Tu	5:30-6:20pm	\$24	LWL	10541
No class on	4/12	·			





Rizzmic® All American Dance Fitness



Rizzmic® is an All American Dance Fitness format that uses exclusively American music paired with its Authentic Movement. You can experience such variety like Country, Hip Hop, Jazz, Disco, and so much more! This class is open to all over the age of 15 . Students

should wear comfortable clothes and tennis shoes (non-black soled shoes preferably cross trainers or dance shoes.) Ages 16+

Instructor: Daisy Larsen

For questions, please email daisyfitnessfrenzy@outlook.com

Drop in fee: \$10 if space permits

Dates	Day	Time	Fee	Location	Class ID
1/3-1/31	M	5:30-6:30pm	\$32	LWL	10553
No class on	1/17				
2/7-2/28	M	5:30-6:30pm	\$24	LWL	10554
No class on 2/21					
3/7-3/28	M	5:30-6:30pm	\$32	LWL	10555
4/4-4/25	M	5:30-6:30pm	\$24	LWL	10556
No class on 4/11					

ADULT FITNESS & DANCE

Zumba & Mixxedfit Mashup

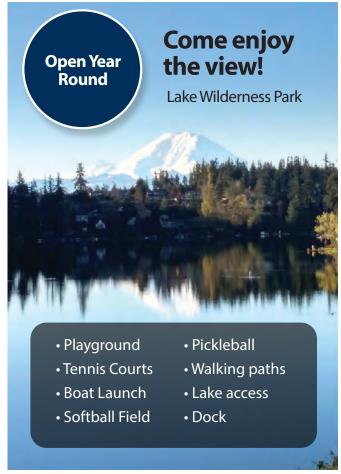
This Zumba & Mixxedfit mashup class is the ultimate dance party! It seamlessly blends Zumba's high energy Latin beats with Mixxedfit's explosive dance movements and bodyweight toning. Both formats offer easy to follow choreography and can be modified to your fitness level. Wear comfortable clothes and shoes.

Questions? Contact Suzanne at zumbasuzanne@gmail.com
Ages 16+

Drop in fee: \$10 if space permits

Dates	Day	Time	Fee	Location	Class ID
1/3-1/31	M	7:00-8:00pm	\$28	LWL	10557
No class on 1/17					
1/5-1/26	W	4:30-5:30pm	\$28	LWL	10561
2/2-2/23	W	4:30-5:30pm	\$28	LWL	10562
2/7-2/28	M	7:00-8:00pm	\$21	LWL	10558
No class on 2/21					
3/2-3/30	W	4:30-5:30pm	\$35	LWL	10563
3/7-3/28	M	7:00-8:00pm	\$28	LWL	10559
4/4-4/25	M	7:00-8:00pm	\$21	LWL	10560
No class on 4/11					
4/6-4/27	W	4:30-5:30pm	\$21	LWL	10564







Round up the family and start exploring!

Whether you are a newcomer or long-time resident, there are a million ways to play in Maple Valley.

- Cycling & Mountain Biking
- Trails (Over 140 miles)
- Sports
- Parks & Lakes
- Museums & History
- Arts, Music & Classes
- Local Events Calendar & more

Find your next adventure at: maplevalleychamber.org

A NATURAL FIT FOR YOUR BUSINESS

LAKE WILDERNESS LODGE

Maple Valley, WA

425-432-9953 lodge@maplevalleywa.gov www.maplevalleywa.gov





The Lodge is located in Lake Wilderness Park with views of the lake and Mt. Rainier from every meeting space. Take a break to explore the trails and wander the Arboretum. Ample parking and close proximity to highway 18 with quick access to major cities.

Featuring

- Flexible setup
- Tables and chairs included
- Complimentary internet access
- · Ample parking
- Elevator access
- AV equipment on site for rent
- Discounts for non-profits in Maple Valley

BUSINESS MEETINGS WITH A VIEW







WILDERNESS GRILL

OPEN DAILY • PUBLIC WELCOME

Burgers, Sandwiches, Salads & Drink SPECIALS!

25400 Witte Road S.E., Maple Valley, WA 98038 (425) 432-9405 | www.lakewildernessgc.com



2022 Calendar of Events



1/3	Lake Wilderness Lodge Rentals Available for 2023
2/1	Lake Wilderness Park Rentals Available for 2022 for Maple Valley Residents
3/1	Lake Wilderness Park Rentals Available for 2022 for Non Residents



4/16	Community Egg Hunt in the Park *
4/22-23	Hooked on Fishing Derby *
6/4	Lake Wilderness Triathlon *
6/10-12	Maple Valley Days *
6/25	Lake Wilderness Swim Beach Opens
6/25	Bike Challenge & Bike Safety Rodeo
7/4	Maple Valley Family 4th
7/16	Be the Hope Walk *







7/23	Kids' Festival	
8/3	Kids' Concert in the Park	
8/4	Music in the Park	
8/11	Music in the Park	
8/18	Music in the Park	monian
8/25	Movie in the Park	G 05422
9/18	IRONMAN 70.3 Maple Valley	
10/22	Make a Difference Day *	
12/1	Hometown Holidays	

* Non City Events

